

Fall  
2012  
Cheer  
Season



# Cheer Team Guide

# Kicks and Jumps!



**High Kick:** Leg is straight and extends from hip upwards. Toe is pointed. Feet come back together after kick. Arms can either be in a High-V or Tee motion.



**Tuck Jump:** Jump off the ground and bring both knees up into stomach. Land with feet together. Arms can either be in High-V or Tee motion.



**Toe Touch:** Jump off the ground with legs extending out to each side. Legs are straight and toes are pointed. Landing with feet together. Arms are in a Tee motion, hands should be in fists.



**Herkie:** Jump off the ground with one leg extending straight to side and the other leg bent at the knee with the heel towards the hip. Land with feet together. Arms should be in a Tee motion with hands in fists.

# 1. Hey Fans!



HEY



FANS

X

X

UP IN THE STANDS



IF YOU'RE



WITH US

X

X

CLAP YOUR HANDS

XXX

(claps)

XXXXX

(claps)

XXX

(claps)

XXXXX

(claps)

# 2. Go! Fight! Win!



LET ME



HEAR YOU SAY



GO!



GO!



LET ME



HEAR YOU SAY



FIGHT!



FIGHT!



LET ME



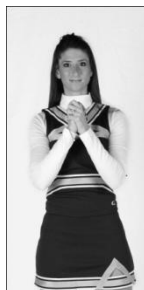
HEAR YOU SAY



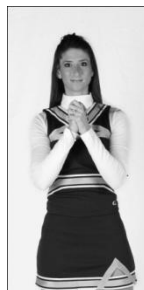
WIN!



WIN!



GO!



FIGHT!



WIN!

# Sideline Chants

The following chants should be taught in conjunction with Quick Chants and Crowd Involvement or Sign Cheers.

Sideline Chants are when the cheerleaders really get a chance to showcase their cheer skills and perform for the crowd! Don't expect the crowd to join right in with sideline chants. These chants are slightly longer in length and don't necessarily request crowd participation.

Sideline Chants should be done when there is a clear break in play on the field. These should be repeated 3 times and each chant is started with a call of "Ready X (clap)". In between chant repetition, cheerleaders should return to "clean" position or "clean clap" position before starting the chant again.

When teaching Sideline Chants, coaches should focus on correct motions and arm placement. The more in sync the cheer is, the more polished and better they will appear to the crowd!

If applicable, insert the NFL mascot of the team you are cheering for to make the cheer specific and appeal to the fans!

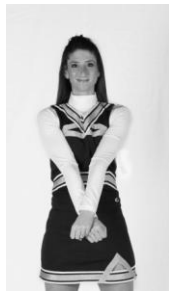
# Chant #3



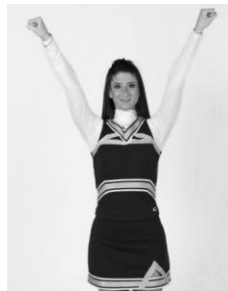
Hey!



(fast claps)



What do



you say?



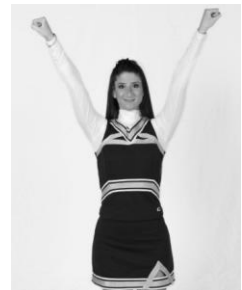
Offense



Take That



Ball



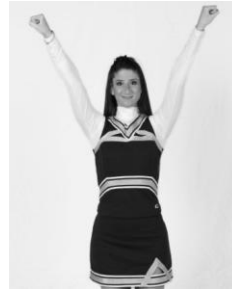
Away!

\*also see Defense Words on  
chant list

# Chant #4



All the way



Offense



Score



Team



Score!

# Chant #5



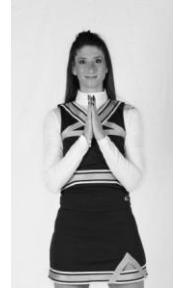
T-



-O-



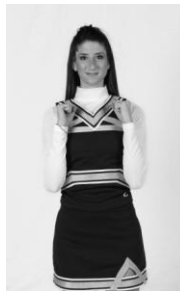
-U-



-C-H



Down



(pause)



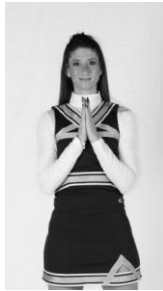
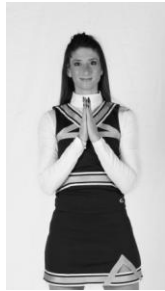
Down



# Chant #6



S



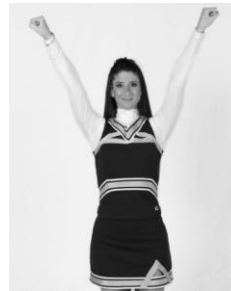
C



O



R



E



Score



One



More



For



Vic-



To-



ry

# Chant #7



Stop



'Em



De-



Fense



Hold



That Line!



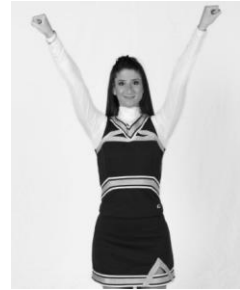
# Chant #8



Eagles,



Take That



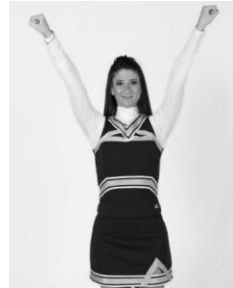
Ball



Take



That Ball



Away

# Chant #9



Hold



'Em



De-



Fense



Get



That



Ball

# Chant #10



Yell



Blue



Blue



Blue



Yell



White



White



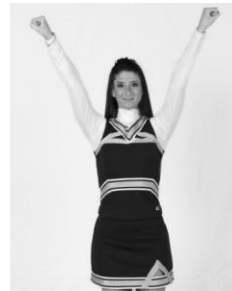
White



Front line: Blue



Back line: Blue



Front line: White



Back line: White



C'mon



Let's

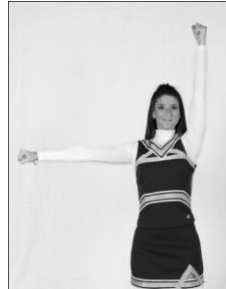


Fight!

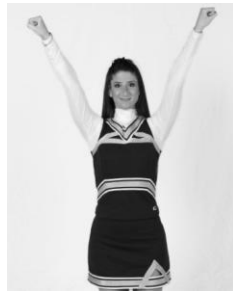
# Chant #11



Hey



Crowd



Show



You're Proud



Cheer for



the Blue



and White

# Chant #12

X= clap



XXXX

M



XXXX

Y



XXXX

F



XXXX

F



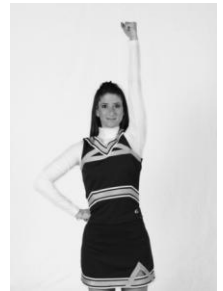
M-



Y-



F-



F



We're



the



Best!

# Chant #13



Fans



Cheer

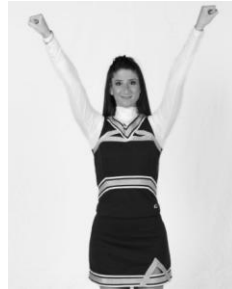


Louder



Blue

and

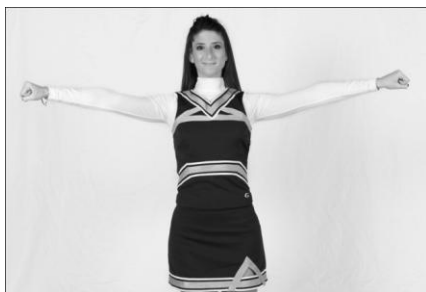


White

\* To make the end of this chant different- on “blue” have the front line in a low-v and the back line in a high-v. Then on “White” have the front line in a high-v and back line in a low-v. This is a cool effect when the lines are doing something different.



# Chant #14



Fire



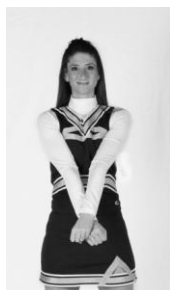
Up



Fire



Up



Fire



That



Jag-



uar



Spirit



Up!

## **ANYTIME CHANTS:**

Split the "V" xx  
Dot the "I" xx  
Curve the "C" xx  
T-O-R-Y xx  
Yell Victory xx  
Victory xx  
Victory! Xx

C'mon keep it up  
Keep that Vikings Spirit Up

Hey Everybody  
Stand up and Cheer  
"Let's Go" Chargers  
This is our year!

Here we go Bengals  
Here we go!

If you're ready for some football  
Stand and clap your hands  
"Stomp, Clap"  
"Stomp, Clap, Clap"  
"Stomp, Clap"  
"Stomp, Clap"  
"Stomp, Clap, Clap"  
Yell it with us  
GO FIGHT WIN!

Go Team  
Go Team Go  
G-O, G-O  
Go Team Go!

Pump, pump, pump it up  
Pump that "Eagles" spirit up!

## **OFFENSE CHANTS:**

Pass it, catch it  
Best in town  
Run the ball  
Touchdown!

We want a touchdown  
Just a little touchdown  
An itty-bitty, teensy-weensy  
Nice and dreamy touchdown!

Drive it home  
Run that ball  
Into that zone!

## **DEFENSE CHANTS:**

Block 'em Stop 'em  
Push 'em Back  
Defense! Defense!  
Pull that Flag!

Hey XX  
What do you say?  
Defense take that ball away!